

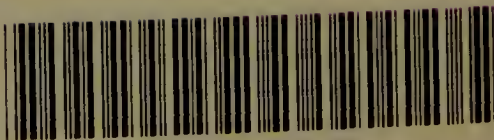
ALPINE CLIMATE SERIES

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TUCKER WISE

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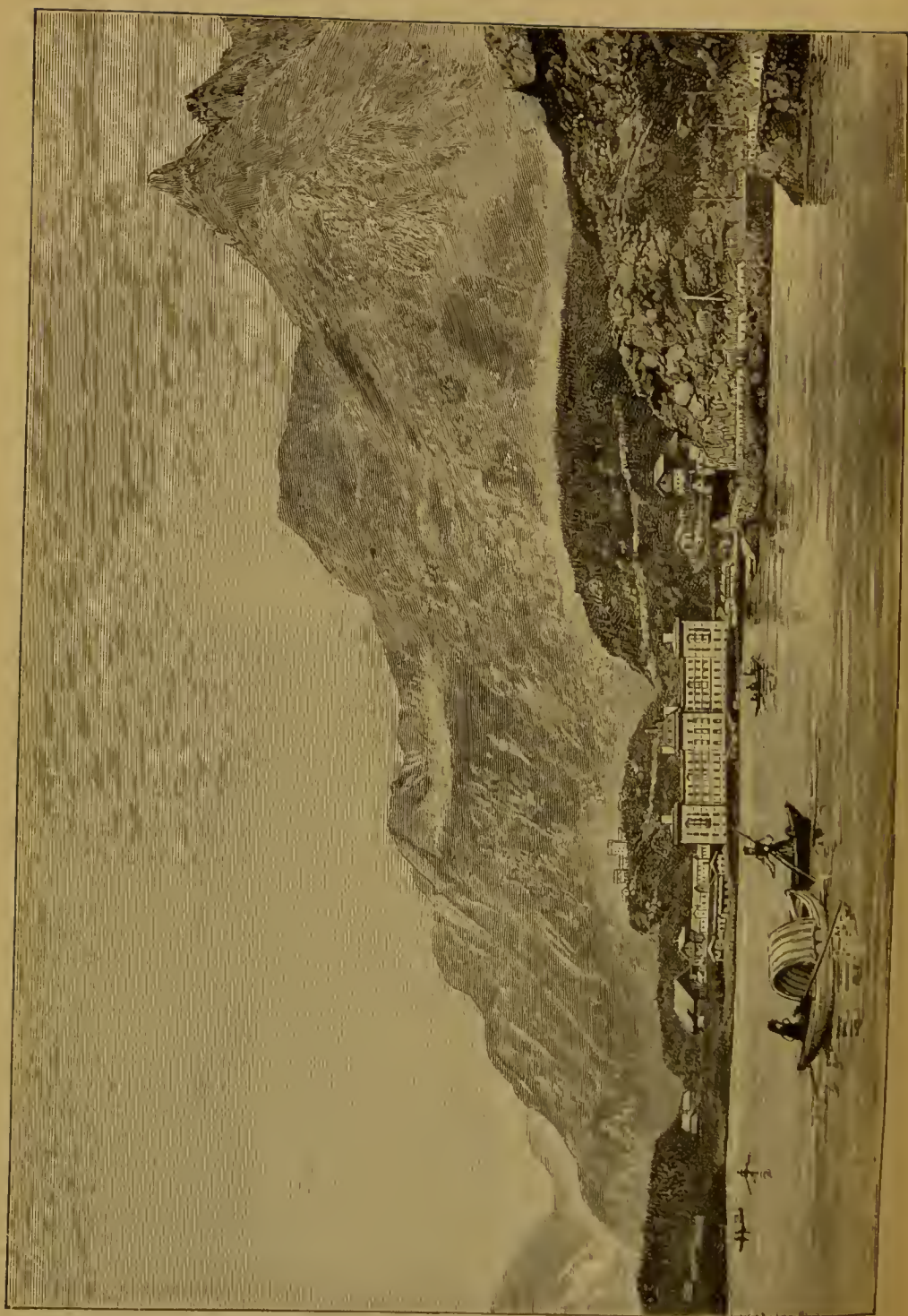
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CONTRA-INDICATIONS FOR VISITING  
THE  
HIGH ALTITUDES,  
WITH A  
DESCRIPTION OF THE ENVIRONS  
OF  
MALOJA,  
UPPER ENGADINE.

BY  
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Member of the Harveian Society ; Fellow of the Royal Meteorological Society, &c. ;  
Author of " Davos Platz, and the Effects of High Altitude on Phthisis ;" " Wiesen as a Health  
Resort in Early Phthisis ;" &c., &c.*



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## INTRODUCTION.

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THE success, with regard to weaknesses of the lungs, which has attended summer residence in the high Alps, and the occasional arrival of some cases of illness which should never come so high up the mountains, prompt the issue of an extract from my ALPINE WINTER, where some diseases are enumerated which contra-indicate (as far as I know at present) a resort to high altitudes for their amelioration.

By special requests, a description is added of the various places of interest near Maloja.

33 CURZON STREET,  
MAYFAIR, LONDON, *May*, 1886.



## THE MALOJA PLATEAU IN SUMMER.

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IN no sense does there appear to be a contra-indication of the summer Alpine climate for persons with chest complaints, that is with some of the early phases of phthisis, not those with hopeless advanced symptoms, and who are in a feeble irritable condition, with high fever, and incapacity for gentle exercises. The determination of suitable cases for the high altitudes, both in summer and winter can be roughly gauged by the amount of physical power conserved taken in conjunction with the duration and apparent rate with which consolidation or softening is advancing. The slow scrofulous forms and fibroid conditions receive undoubted benefit, but these must not be complicated with secondary lesions.

A little misapprehension exists on the duration of what is known as the "summer season." Fashion has led the custom of visiting the Engadine in the months of July and August: the majority of persons entertaining an impression that those are the only months to see the Engadine in all its beauty, and at the same time acquire the success of its restorative climate. This is quite a false notion formed on no foundation of reality. The months of June and September are sometimes among the best that can be spent in the Alps at these altitudes, and the air at the same time carries with it the remarkable invigorating agencies which characterize the mountain climate. The worst period of the year is the snow-melting, occurring some time during the month of April; but

this can scarcely be termed a dangerous season, even to delicate persons, provided that ordinary precautions are taken in keeping the feet dry and not incurring thoughtless exposure to inclement weather. This applies equally to the introductory snow-falls and storms preceding the settled weather of winter. Invalids must guard against unnecessary exposure everywhere, both on the Riviera and in the Alps, although it would perhaps be less injurious to face a mild Alpine snow-storm than a shower of rain or a moist cold wind in a southern health resort.

The length of time, also, needed for a permanent recovery of lost strength or health, has ever been considered too short to carry with it a firm re-establishment of exhausted energy. A summer month spent in the Engadine—with assiduous regard to diet, exercise, sleep, and medical treatment—should, in almost every instance, be prolonged to six weeks *at least*; longer if time permitted. The lengthened stay would in the long run, be an economy of time as far as health was concerned, and prove a greater satisfaction to doctors and patients alike. Force of a more lasting and durable nature would be accumulated, the system settle down in a more staple condition, with enlarged powers of resistance to morbid impressions than if the treatment be suddenly relinquished to return to old occupations and former habits.

It is true that physiological changes take place with great rapidity and completeness. A good indication of such being the case is the demand made by nature for more fuel, shown by the increased appetite: a healthy action of the skin, under the stimulus of baths: the kidneys and the whole glandular system being awakened into activity: blood changes quickened and amplified: and above all, the perception that the capacity for mental and physical exertion is extended; but if a departure is made immediately improvement of the health is attained and strength begins to be felt, some disappointment may eventually be experienced, and the

climate be discredited by the transient effects of too short a stay to allow the frame to be seasoned in the new conditions, or undergo the peculiar alteration known as acclimatisation. This is especially noticeable in anæmia and chlorosis, where the blood changes take place rather rapidly, and a hue of health is acquired in a few weeks leading to an erroneous conclusion that a permanent cure is effected, whereas a further time is needed for its completeness. In chronic cases, either of catarrhs (pulmonary, gastric, or uterine), phthisis, anæmia, some abdominal affections, and even dyspepsia, a medical mind is aware of the value of prudent management after the disappearance of symptoms. Whilst it is evident that in constitutional affections, such as scrofula, rachitis, &c., patience and persistent care are a *sine quâ non*, it is doubtful if anyone would be bold enough, from the comparatively limited number of observations at our disposal, to lay down a clear indication for patients who should go south. and those who should mount the Alpine heights. A variety of cases have improved in a most remarkable manner, and it is also undoubtedly true that in these high altitudes some rapidly advancing symptoms have been arrested when scarcely any hope of a return to health could be held out by physicians.

The success attending the treatment of early conditions of pulmonary weakness can be attributed in a great measure to the diminution in number of micro-organisms in the atmosphere, and probably their almost entire absence in winter-time when the ground is covered with snow. Pasteur, in 1860, found that out of 20 flasks of air, bottled on the Montanvert glacier (2,000 mètres), only one showed the presence of microbes. Tindall noted that air, in 27 flasks opened on the Aletsch glacier, contained no organisms that would fertilise the sterile infusions which they contained.

The more recent observations of Miquel and Freudenreich, have been of valuable importance in that the number of

micro-organisms were found to diminish rapidly with altitude.

Another point not to be overlooked, is the pure quality of water, used for drinking purposes, in these mountain health-resorts.

Patients with the following diseases should, however, refrain from seeking health at high elevations :—

1. Diseases of the brain, heart, or large vessels.
2. Tendency to articular rheumatism.
3. Kidney diseases (during winter).
4. Acute inflammations of throat or larynx.
5. Some diseases of bladder or prostate.
6. Hysteria.
7. Nervous or vascular excitement.

8. Persons somewhat advanced in years should not visit the mountains, unless the circulatory system is sound.

In every instance cotton underclothing ought to be replaced by woollen materials, the body should be clothed in a thin, fine texture for summer wear. No great coats or heavy mantles will then be necessary, except for driving or sitting out in winter time. Even the danger in summer evenings from a fall in temperature, or from change of wind, is by no means serious, for the dry atmosphere does not carry with it the chilliness and cold which is felt in climates where the absolute humidity is greater. Moreover, the concert room, salons, corridors, &c., within the Maloja Kursaal permit of in-door recreation during bad weather, with ample breathing space, in a warm, clean atmosphere, whilst in the grounds and gardens, various *pavillons* and retreats afford shelter externally, the mind being enlivened by variety in amusements and magnificent scenery.



# SUMMER ATTRACTIONS

## IN THE

### NEIGHBOURHOOD OF THE MALOJA.

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No part of Switzerland offers a greater variety in attractions, easy excursions, and difficult mountain ascents. The elevation of the Engadine permits the ascension of some of the highest peaks and glaciers in Switzerland and the region to the northward and westward of the Maloja Château is a part but little trod and almost unknown to tourists. The combination of excursions lying concealed behind these rugged slopes are incomparable in wildness and variety of scene, whilst the precincts of the Muretto Pass and Forno Glacier offer an endless field for exploration.

Until recently the banks of the Forno and Val Muretto were sealed merely by a few stragglers from the beaten tracks of Pontresina and St. Moritz. Even now the ponderous magnificence in the neighbourhood of Bacone, Del Forno and Disgrazia, still lies hushed from common fame. The more demure loveliness of Boseo della Palza with innumerable wanderings lurking amongst green alps, fir trees, and luxuriant undergrowth, creates in the height of summer, delightful imaginings. The coolness of the sighing pines, and tiny mountain ash, the clank of the cattle-bells, or splash of rising trout in the still morning

waters. At every turn are lustrous colourings of sky, and lake, and rock-begirt groves speckled with alpenrose. Here and there a chattering streamlet leaps its course from the eternal snows above. All these serene varieties of Alpine ambush vibrate through the town-wearied brain, harmonies of mimie fairyland, dying at autumnal eve in mellow Alpenglûhen.

There is no month, taken all round, that will compare with June in the diversities of natural attractions. The emerald freshness of the short grass garnished with myriads of little flowers, is only seen to perfection at this time. The air, too, is pungent and braeing, but never too cold.

What has invariably been considered an insurmountable drawback to the June visit, is the possibility of a slight fall of snow. The Briton, from his point of view of what a snowfall entails, has always regarded with some misgivings a summer trip inclined to be so keenly tempered with winter memories, notwithstanding that it is very well known to *habitués* of the Engadine that a mountain snow-fall in summer is rare, and of quite a different character to that at low altitudes. June visitors are nevertheless increasing in numbers each year, and now that some proprietors of hotels render their houses comfortable by warming them during the cool evenings of June, no doubt many visitors who wish rather to escape the season's bustle, and at the same time secure a larger share of the beauties of Nature, will be emboldened to face the overdrawn snow-spectre.

The chief objects of interest which surround the Maloja are as follows :—

**The Forno Glacier.** A splendid glæier; 2 hours distant. Take the road westward of the Kursaal in the direction of the ornamental chalets, pass the Osteria Veechia, keeping on the main road until the Maloja Kulm is reached. In front of Hôtel Kulm is a rock, with an iron railing on it, from whence a magnificent view may be obtained of the

Bergell Valley. This point of view is only excelled by that seen from the Château Belvedere, on the hill to the right and hidden by the Mont des Chèvres, to be described further on. Following the main road again to its first turning, a bridle path is taken in the direction of Piz Rossi (the peak with a small glacier on the face of it beyond which, and to the right is seen a small snow-capped angle of the Cima di Rosso). Descend in a south-westerly direction, cross a small bridge over the river Ordlegna and follow the road to the left, after about 50 minutes the **Lac de Cavloccio**, is reached. This lake is remarkable for its placid waters and its curious green shade. A somewhat rugged path leads in the direction of Muretto when, on emerging from the gorge, the Forno Glacier is seen on the right hand, the best path to which, must not be taken too high on the mountain side.

**Monte Sissone**, from whence is a fine view of **Monte della Disgrazia** (12,000 feet).

**Monte Rosso** (9,800 feet).

**Monte Forno** (10,546 feet).

**Monte Muretto** (10,197 feet).

**Monte della Disgrazia** (12,057 feet).

All difficult, especially Disgrazia; but within ordinary reach of mountaineers.

**Piz Margna** (10,354 feet), with a steep glacier, 4 or 5 hours. A good view obtained of the snow-clad peaks of Monte del Forno, Rosatsch, Fex, Bernina, Morteratsch, &c.

**Piz Corvatsch** (11,345 feet), fronting Silvaplana, 9 or 10 hours. From the summit is seen an imposing view of the Bernina group, the valley of the Engadine, the Roseg Glacier and nearly all the higher peaks of Switzerland.

**Piz Surlej** (10,456 feet), 7 or 8 hours.

**Piz Julier** (11,106 feet), 7 or 8 hours.

**The Forno Pass.** Over the Forno Glacier to St. Martino in the Val di Masino, 5 hours, difficult.

**The Muretto Pass** (8,389 feet). Approached by taking

the route on the left bank of the river Ordlegna up to near the base of Monte Rossi which we leave on the right, 8 or 9 hours to Chiesa. The Cavloccio route may be selected, and the river Ordlegna crossed by a rough bridge near the châteaux of Piancanino at the termination of the débris and moraines of the Forno glacier. After leaving Piancanino the path lies a little high, and to the right, but soon crosses the torrent when it rises to the left. The point of the glacier between Rossi and Forno is now traversed, the notch, in the distance, of the Muretto Pass, being unmistakeable.

From Chiesa, (4,282 feet), to Sondrio, the capital of the Valtellina, and from thence to Colico, returning to Maloja by Chiavenna and the Bergell Valley. Poschiavo can also be reached by crossing the Canciano Pass from Chiesa, or Sils, by the Tremoggia Pass (9,900 feet) and the Fex Glacier, or Pontresina, over the Scerscen and Capütschin passes.

The Val Malenco is well worthy of a visit, and also the Val Tellina, famous for its wine of which there is so large a consumption in Switzerland.

**The Muretto Glacier.** Near the summit of the Pass, 3 hours from Lac Cavloccio. Splendid view of Monte della Disgrazia, Forno, Sissone, Rosso, &c.

**Monte Salicina**, situated S.S.W. of Maloja, 4 or 5 hours distant. View obtained from the summit, of the Val Bregaglia and the mountains of Lombardy, &c.

**Piz Lissone**, a prominent double peak to the W.S.W., 5 to 6 hours distant. The Piz Duan is seen to the right and behind these peaks, the Gletscherhorn still further to the right.

**The Septimer Pass** (7,582 feet). One of the oldest historical routes traversed by the Romans. Descend from Maloja Kulm into the Bergell Valley and bear to the right behind Lunghino, crossing the Piano Maloggino on its old paved military road, or take the direction of Val Pila, crossing the stone avalanches of Lunghino (guide necessary). The easiest and best route is from Casaccia, where a bridle path

leads to the Passo di Sett—the junction of the Forcellina and Septimer passes—the latter joins the Julier route at Stalla (5,827 feet).

**Piz Longhinus** (9,100 feet), W.S.W. of the Kursaal, where rise the Danube, the Po, and the Rhine; 3 hours from Maloja. This mountain is of peculiar interest to anyone who is equal to three hours climbing, for it constitutes a portion of the water-parting, from which it can be said that three large rivers take their sources. The origins of the Inn, the Maira, and the Oberhalbstein Rhine are found here. These small rivers respectively flow into the Danube, the Po, and the Rhine.

The higher peak is reached in about three hours from the hotel. An ascent can be made straight up from the turbine house, or the gentler decline taken by the path at the edge of the Maloja Lake near Capolago. The peak is attained by skirting the Lunghino Lake on its S.W. border, and ascending the N.W. slope. From this point at the edge of the Lake is seen the path of,—

**Fourcla da Lunghino.** A pass leading into the Septimer and Forcellina to the Avers Valley. A return journey can also be made by descending the Septimer path to Casaccia and mounting the Maloja pass.

**Piz Gravasalvas** (9,500 feet), 4 or 5 hours, difficult. To the N.W. of the Kursaal. Septimer Pass to the W., and N.

**Motta Rotundo** (8,100 feet), 3 hours. To the N. of the Kursaal. The greenest grass reaches to its summit. The effect of verdant patches of short thick herbage, interspersed with the red tint of the Alpine rose adds a peculiar fertile glow to these rough slopes.

**Piz Materdell** (9,700 feet), 4 or 5 hours distant. N.N.E. of the Kursaal.

**Piz Lagrev** (9,721 feet). The rugged pointed peak to the N.E., very difficult and dangerous to mountaineers unaccustomed to rock-work. 7 or 8 hours.



**Piz Pulaschin** (9,898 feet), N.E. of Lagrev, 5 or 6 hours.

From many of the peaks can be seen a panorama of entire Switzerland—Mont Blanc, Tödi, Russein, Finsteraarhorn, Monte Rosa, Jungfrau, &c.

If desired, carriages conduct one near the paths of ascent, and, with the assistance of guides, the interesting points of view can be attained. For delicate persons or others who do not care to make ascents, more or less difficult, there are in the neighbourhood, several pleasant walks, viz :—

**Casaccia.** A small village at the foot of the Septimer Pass. Descend the zig-zag road after passing Maloja Kulm. The ruins of a church, St. Gaudenzio, said to have been constructed in the fourteenth century, are seen on the right, before entering the village. Time required from Maloja to Casaccia about 50 minutes. A short cut to Casaccia is made by the gap to the right of the rocky eminence W. of the Maloja Kulm. A romantic winding track takes the pedestrian into the main road low down.

**The Cascade de l'Ordlegna**, 25 minutes distant. When illuminated at night produces a very pretty effect. Situated half-way down the zig-zag road to Val Bregaglia, a directing post indicates the path to the Falls which are 5 minutes distant from the main road.

**Chateau Belvédère.** 15 minutes distant. Take the road to the N.W. of the Osteria Vecchia and follow its windings. On the left the Val Muretto and Muretto Pass, leading to the Val Malenco (8 or 9 hours) and Val Tellina. In front the picturesque Bergell Valley enclosed by high jagged mountains. To the right the yawning Septimer Pass and Piz Lunghino. This solid structure built in the mediæval style of a castle stands higher than the Kuhn of St. Moritz. The ground is at an elevation of 213 feet above the Maloja Lake, and commands one of the most charming views in the whole of Switzerland, far surpassing anything to be seen in the Engadine. The Château stands



on an isolated hill (la Petite Colline) covered with short red pines. The wild rocks, rhododendrons, grasses, and pine trees on the south-west face of this huge balcony, give it a fertile, pleasing effect, whilst the surroundings are massive and grand. From the "Knoll"—a pine-covered rock to the west of the Château—is an enchanting panorama of grandeur, in the view down on the bed of the river Ordlegna, sweeping the tips of the firs of Piano Maloggino and the woods of Canova and Cavrille, in the dip of over 1,400 feet to Casaccia, the highest village in the Bergell Valley. It is down the winding road on the left that the winter runs are made on the Canadian sled over the polished snow, in less than eight minutes to the plain below.

**Chemin des Artistes.** This delightful walk is on the western side of the Belvedere, winding between huge rocks and pines, away to the Val Pila (45 minutes). The most varying and romantic scene is passed, and many objects of interest present themselves, amongst which are the Gletschermühle, the track of the stone-avalanches from the Lunghino, the Falls of the Inn, the serrated peaks of Val Bregaglia, and the zig-zag road leading to Casaccia.

**Colline du Chateau.** This hill is approached by crossing the wooden bridge to the right of the Belvedere. On its summit a different view is obtained of all the points of interest mentioned in the last route, as well as a view of the Maloja Lake, stretching away to Sils Maria and shut in by the Bernina and Albula chains.

**Lac de Cavloccio,** 50 minutes, *vide* route to Forno Glacier.

**Lac Bitabergo** (6,100 feet) situated below the rocky brow of Salecina south of the Kursaal. The Cavloccio road is taken as far as an irregular rough plateau covered with pines, underwood, and rocks; to the right of this a hollow depression on the mountain side leads to the lake.

**Sils Baselgia**, 50 minutes. A little village, situated in a wild and picturesque spot, at the N.E. end of the lake.

**Sils Maria**, 1 hour. At the entry of the valley of Fex, surrounded by hills covered with larches and red pines.



VIEW FROM SILS-MARIA ON MALOJA.

**Crestalta**, about 2 hours distant. Extensive view from the summit of a cone of the lakes of Sils and Silvaplana, with the Maloja plateau on one hand and St. Moritz on the other.

**Chastē**. In front of Maloja at the opposite end of the lake, on an islet where are found the ruins of an ancient castle.

**Isola**. A small hamlet seen on a green plateau facing

Maloja ; on the S.E. side of the lake. The falls formed by the water from the Fedoz Glacier are 5 minutes from the village. A quaint old house with curious paintings on the walls, is open to strangers for view. Take the road S.E. of Kursaal, passing the group of châteaux named Cresta. The walk, a very beautiful one, skirting the lake, amongst pine-trees, boulders, and wild shrubberies, will occupy about an hour.

**Crap da Chüern.** An enormous perpendicular rock, crowned with forest, dominating the lake and forming a high precipice. It may be ascended from the road by passing to the left and behind. Time required, about  $1\frac{1}{4}$  hours from the hotel.

**Platz de la Peninsule,** 25 minutes distant. Situated at the base of the Crap da Chüern, covered with rocks and pines, Fedoz Glacier to the south. Following the main road the little valley of **Gravasalvas** opens out from the Lake of Sils. The villages of Gravasalvas and Blaunca are situated here, and Lac Nair (8,000 feet) is gained from the valley.

**Val Pila,** 15 minutes. A hidden green valley at the base of Lunghino, the path to which is on the right hand side of the quarry. A return journey can be made by traversing the valley and mounting towards the Belvedere.

**Lac Lunghino,** 2 hours. Situated to the N.W. of the Hotel Kursaal, in the saddle formed by Piz Lunghino and Piz Gravalvas.

**Lac Nair** (8,000 feet). May be reached from the main road in the direction of the Crap da Chüern. A path will be discovered on the left about half a mile from the Hotel (*vide* Gravasalvas).

**Fedoz Glacier.** Between Piz Margna and Piz Güz

(10,397 feet) is seen from near Isola and from the main road leading to Sils.

**Fex Glacier.** In continuation with the Val Fex at Sils Maria. A carriage takes one near the Glacier.



THE VALLEY OF FEX.

**Ordeno**, 30 minutes. A group of chalets situated on a grassy plateau overlooking the banks of the river Ordlegna. The continuation of the route on this side of the river leads to the Muretto Pass.

**Albigna Water-fall.** Seen from below Casaccia before entering Vicosoprano.

**Gravasalvas**, 1 hour. After passing Capolago, the village in front of the Kursaal, a road branches off at the first rivulet which leads to Gravasalvas. This route is easily found, and consists in its first part of an old Roman road, cut in many places out of the solid rock overlooking the lake. On the road are Spluga and Buera, hamlets secreted from the outer world, in the massive clefts of



the Albula range. By branching off at Buera, the second village, and pursuing the track along the banks of the Ova del Mulin, Blaunca is reached, and following the river still further, Lac Nair. From the small cluster of habitations named Blaunca, there is also a mountain path to Gravasalvas and from thence to the main road, where the return to the Maloja, will occupy about three-quarters of an hour. The village and valley of Gravasalvas must not be confounded with the Piz Gravasalvas which is situated to the eastward 3,000 feet above the valley of the same name.

**L'Ala.**—A small mount 1,000 feet above the level of the lake situated to the S.E. of the Hotel. The summit can be reached in one hour by taking the path to the left of the church and gaining the eastern slope of l'Ala. From its rocky eminence a full view is obtained of the Forno Glacier, the Cavloccio Lake, Val Bregaglia, and lakes of the Engadine. Facing l'Ala in a direct line with the Hotel is the Motta Rotundo.

A short promenade of 30 minutes can be made by taking the path on the S.E. of the Kursaal, passing through the hamlet of Cresta, and making for the church, after a few windings one emerges by the Osteria Vecchia. Longer walks in the direction of St. Moritz or down the Val Bregaglia towards Promontogno, are available, and in winter the descent on a toboggan to Vicosprano, and even Promontogno (14 miles) is easily made. The charms of these winter excursions in the glistening snow and brilliant sunshine, with deep blue sky, are unknown to summer visitors. In winter, also, skating can be had, both on the Maloja Lake (3 miles long), and on the ice rink at the rear of the Hotel.

**Bosco della Palza.**—The wood within a few minutes walk, to the E. of the Kursaal. The main path if followed for an hour leads to Isola (page 18).

**Val Bregaglia.**—Commences at the foot of the Maloja Pass, and extends for about  $18\frac{1}{2}$  miles to Chiavenna. The Italian frontier is passed at Castasegna (13 miles from Maloja).

On either side of the valley are towering crags and needle-shaped peaks, the S.W. side being most imposing in its rude stateliness. It is said that the spade-shaped mountain—Piz Badil—has been ascended but once. In 1884, two Englishman with guides had to turn back from the difficulties of the ascent.

The contrast of the Val Bregaglia with those more expanded and massive beauties of the Engadine, enhances the effect caused by the abrupt change of scene, when arriving at the summit of the Maloja Kulm.

*Distances.*

Chiavenna to Samaden by the Val Bregaglia and Maloja Pass :—

	Kilomètres.
Chiavenna - - - - -	0
Villa - - - - -	7·2
Castasegna - - - - -	9·6
Promontogno - - - - -	13·2
Stampa - - - - -	16·3
Borgonouvo - - - - -	17·5
Vicosoprano - - - - -	19·0
Casaccia - - - - -	26·2
<b>MALOJA</b> (Külm) - - - - -	31·1
Sils - - - - -	38·0
Silvaplana - - - - -	42·3
Campfer - - - - -	44·7
St Moritz - - - - -	48·9
Celerina - - - - -	52·0
Samaden - - - - -	54·4

A Kilomètre equals 0·6213824 miles.





# ALPINE WINTER,

## WITH NOTES ON DAVOS PLATZ, WIESEN, ST. MORITZ, AND THE MALOJA.

Price 2s. 6d.

"The author has succeeded in making a very readable and attractive book, and one which will no doubt be of great value to physicians in Great Britain. On this continent we have so many excellent winter resorts that it is not necessary to send patients across the Atlantic. In the first two or three chapters a very good description of the various places mentioned in the title is given, as well as how best to reach them from England. The advantages of these high altitudes as a winter resort consist in the pure air, cold, which within certain limits acts as a tonic, greater absorption of oxygen by the system, the presence of ozone in the atmosphere, and finally, freedom from dust. The bright sunlight has also a beneficial effect. The drawbacks are also given, viz., defective sanitation—imperfect methods of heating and ventilation in the dwelling-houses. The author describes the 'föhn' wind—a moist, southerly aerial current, which resembles very much the Chinook winds in the neighbourhood of Calgary, in the North-West Territory. This wind has a very depressing effect on some constitutions."—*Canadian Practitioner*.

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"Dr. Wise has made a special study of certain mountain health-stations, and, writing without bias or exaggeration of any kind, what he says may be accepted as true without hesitancy. The remarkable curative and health-giving properties of the Alpine climate are abundantly shown in this unpretentious little volume."—*Society*.

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"Within the memory of a very large proportion of the readers of these lines, consumptive patients were invariably dispatched to a warm climate for the relief or cure of the fell disease with which they were attacked. Now the pendulum has swung to the opposite extremity of the arc, and intense dry cold appears to be the latest remedy for phthisis. Dr. Wise's book is a guide to a few winter resorts in the Engadine, and he decides in favour of the Maloja as the most salubrious spot, and that furnished with the greatest number of conveniences and appliances for the patient afflicted with incipient consumption. He gives exhaustive meteorological details in connection with this locality, and explicit directions for getting there."—*Knowledge*.

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"For persons suffering from pulmonary complaints Dr. Tucker Wise has written 'The Alpine Winter Cure.' He describes thoroughly, from a medical standpoint, the Swiss health resorts—Davos Platz, Wiesen, St. Moritz, and the Maloja. The author seems to make his case clear that high altitudes and a dry cold climate with plenty of fresh air are essential to the relief and cure of diseases of the lungs, and consumptive patients cannot do better than study what he has written."—*Graphic*.

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"A short time ago we gave a brief account of winter health-resorts, and mentioned the success which has attended the treatment of consumption in Swiss Alpine localities. Dr. Wise's work is intended to give an exact account of the curative properties of an Alpine climate, with its advantages and disadvantages; and a special description is given of the new resort, the Maloja. The author gives a number of useful practical hints in regard to clothing and diet, and we heartily recommend the book both to patients who are thinking of visiting the Swiss health-resorts and to doctors who desire precise information regarding them."—*Practitioner*.

## *Extracts from Reviews of the Second Edition.*

"Alpine Winter in its Medical Aspects." By A. Tucker Wise, M.D. (London : J. and A. Churchill, New Burlington Street).—"A second edition of an able book."  
—*Supplement to the Ecclesiastical Gazette*, Oct. 15, 1885.

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"Apart from its peculiar merits as a health-guide, the book is in itself highly entertaining and instructive, the author's vivid descriptions of scenery and minute directions as, how best to enjoy life in these elevated regions in the midst of frost and snow and sunshine, being edifying not only to invalids, but to travellers simply in quest of pleasure, refugees from November fogs in London, and the general bleakness of an English winter."—*Whitehall Review*, Oct. 10, 1885.

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"In 'Alpine Winter in its Medical Aspects' (Churchill) Dr. Tucker Wise, who has already written on the Davos Platz and Wiesen, holds a brief for the Maloja Kursaal, a Belgian attempt to supply in the region of the 'winter cure' those improvements in ventilation, heating, and sanitary arrangements which up there have hitherto been but little attended to. The climate in the Upper Engadine must be wonderfully curative when it does so much, despite the drawback of over-crowded hotels, in the foul air of which patients have to spend nearly their whole day."—*Graphic*, Oct. 1885.

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"Alpine Winter in its Medical Aspects." By A. Tucker Wise, M.D. (J. and A. Churchill.)—"This is a second edition of a book which first appeared under the title of 'Alpine Winter Cure.' Subjects hitherto but little treated, as the quality of the air-treatment indoors, with the cognate topics of heating and lighting, are here dealt with."—*Spectator*, Nov. 7, 1885.

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"Based on some earlier publications of like import, this book is calculated to serve the double purpose of instructing the physician at home as to the Alpine climate, if any, he should suggest or select for his patient, and guiding the latter as to the medium through which he should reach, and the manner in which he should demean himself after arrival in his temporary winter home."—*Medical Press and Circular*, Dec. 30, 1885.

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"Excellent medical guide to the health resorts of the Engadine."—*The Saturday Review*, Dec. 12, 1885.

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"The book is eminently readable and thoroughly trustworthy as a guide to the medical aspects of Alpine winter; while it also contains much information that is new and varied regarding the Maloja, a resort situated at the south-west end of the Upper Engadine. Dr. Wise remarks, in the first instance, on the clear, bracing nature of Canadian winters as compared with the raw piercing cold of the English Winter seasons. The idea that intense dry cold was not necessarily disadvantageous to health seems to have struck a Dr. Bodington, who, some forty-five years ago, in speaking of consumption, declared that a free life in the open air was an 'important and essential remedy' in arresting the progress of the disease. Sharp, frosty days in the winter season, he adds, are most favourable for consumptives. Persons alarmed and deterred from taking much exercise in the open air by the fact that they coughed much on first emerging from their houses, only proved 'that the air of the house was too warm, not that the common atmosphere was too cold.' Succeeding these statements came the fuller information of Dr. Hermann Weber, whose 'Croonian Lectures' on this topic we reviewed in these pages a few weeks ago. Davos Platz and other resorts sprang

into fame as the result of these researches in climate and its influence on disease, and to-day the physician has thus added to his means of treating lung-troubles a powerful agent in the shape of life spent in the dry, clear, germless cold of the mountains. Dr. Wise gives an eminently clear account of Davos and its environs. Full details are given regarding routes and distances, while Wiesen is similarly treated. In respect of the increased or extended sunlight, Dr. Wise remarks that 'the necessity for exposure to Alpine solar rays in the treatment of various complaints is well illustrated by cases of anæmia (defective blood conditions) among some of the domestics employed in hotels at these levels. Attracted by the rumours of cure in anæmia, they seek employment at some health-station; but being principally confined to kitchens and shady places, their anæmia rests with but little improvement. The case with nurse-girls is different, as they very soon gain a healthy tint, being constantly in the open air.' Throughout the book Dr. Wise gives interesting details regarding the water and soil, ventilation, atmosphere, dust, and other conditions of life and health as represented in the Alpine resorts. The section on the therapeutical (or healing) effects of cold is a most interesting one. The appetite is increased by cold, and fatty foods, starches, and sugars come into greater demand to meet the corresponding increase in combustion. Moderate cold is really a nerve-tonic in that it stimulates the nervous system. As a stimulant of growth cold has also remarkable effects. In the tropics naval cadets were ascertained to increase in height more rapidly than in cold climates, but they lost weight very considerably. The remarks on sunlight and its effect on health are also very interesting, and will well repay perusal. The 'drawbacks' of the Alpine winter stations are discussed in a special chapter of Dr. Wise's work, but his list of deficiencies is neither long nor irremediable. Here, as elsewhere, visitors require to exercise care and prudence, and the risks of an alpine visit are really *nil* when compared with the exigencies of our climate at home. As regards clothing, Dr. Wise strongly insists that ladies, on the Alps, should 'abandon corsets absolutely, and wear the loosest *ceinture* on the waist.' The chest must be free to avail itself of the increased respiration which the pure cold air induces. A useful list of necessary garments is given by Dr. Wise at page 61. The dietetic rules laid down are also clearly expressed. The writer is altogether a popular and trustworthy guide to the resorts of which he treats, and no one should venture upon an Alpine health-trip without first mastering the contents of Dr. Wise's interesting volume."—*Health*, Nov. 13, 1885.

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"Alpine Winter." By A. Tucker Wise, M.D., L.R.C.P., M.R.C.S. (J. and A. Churchill).—"The first edition of this eminently useful guide having met with much favour, the author has in the present issue somewhat amplified his previous work. The invalid in search of a cure would do well to study the medical aspects and the medical benefits to be derived from a sojourn in the bracing atmosphere of Switzerland. Very properly, the Doctor points out the uselessness of expecting a speedy restoration to health if, while dwelling amongst the dry, frosty air of the mountains, the habitations are not thoroughly ventilated."—*Public Opinion*, Oct. 2, 1885.

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"Winter-life in the Alps is now highly popular in the treatment of phthisis."—*The London Medical Record*.

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"Alpine Winter in its Medical Aspects." By A. Tucker Wise, M.D. (J. and A. Churchill).—"This is a second edition of a work which has attracted some attention under its original title 'The Alpine Winter Cure.' Its aim is to set forth the curative properties of the Alpine climate with the limitations and conditions which it behoves patients to consider. Special notes are included on Davos Platz, Wiesen, St. Moritz, and the Maloja."—*Daily News*, Dec. 14, 1885.

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"We are very much gratified to be able to herald a new edition of Dr. Tucker Wise's excellent work. In these days of extended travel, when the stay-at-home Briton has become rather the exception than the rule, Alpine tourism has received a fresh impetus from the improved facilities of locomotion offered by modern enterprise; and to many a tourist great real advantage will result from perusing our author's excellent résumé of his observations in the mountain health station of the Grisons. His observations connected with the Maloja Plateau, are of the highest order, as of all the Upper Engadine. A good portion of the book has been devoted to a careful description of a Kursaal, the first attempt as yet to establish such a building in this cold climate. An ingenious plan has been devised for the purpose of introducing ozone into the building, and we warmly commend the study of this contrivance, as described in this work, to the reader. An useful embellishment is furnished by a very good map, showing the exact route to the health resort so graphically described in Dr. Tucker Wise's pages, a guide, in short, from Charing Cross to Maloja. An exhaustive meteorological observation table forms a fitting addition to a work anent a region where climate, and therefore meteorology, enter so highly into sanitary consideration. The author terminates his excellent work by a tabular comparison of the four health resorts: Wiesen, Maloja, Davos Platz, and St. Moritz. While warmly commending the perusal of Dr. Wise's able book to all intending Alpine travellers, we can safely promise a wide field of entertaining instruction as well to all practitioners of medicine to be obtained by reading it."—*Hospital Gazette*, Sept. 12, 1885.

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"This volume contains much information useful for visitors to any of the high Alp stations, and has some good views of them."—*The British Medical Journal*, Nov. 14, 1885.

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"This work is now well known, and will serve as a useful guide to those who may think of sending a patient to winter in the Alps."—*Provincial Medical Journal*, Jan. 1, 1886.

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"The circumstances of my life at Davos Platz—as a man of letters, in whose case long-standing pulmonary consumption was eight years ago arrested by the climate of the High Alps in winter, and who has since enjoyed moderate health and mediocre intellectual vigour *only* on the condition of continued residence at an elevation of 5,000 feet above the sea—make me naturally interested in books which treat of mountain air and cold as powerful therapeutic agents. Such books deserve to be brought under the notice of the general reading public, for their argument is of a kind which any man possessed of common sense can follow; and the future of the so-called Alpine cure depends in no small degree upon its principles being widely understood by those who seek to benefit by it. I wish, therefore, to call attention to Dr. Wise's 'Alpine Winter.' It is a work which takes, in my opinion, high rank among the many already published upon this topic. Scientific, comprehensive, practical, and impartial, it deals in turn with all the winter health-resorts which have been founded in the Grisons, setting their respective advantages in a fair light, and not disguising their drawbacks. Dr. Wise is specially interested in the new hotel at Maloja, and, therefore, he not unreasonably devotes a large part of his space to that establishment, which as a winter-station is still upon its trial. But he writes also of Davos and Wiesen with the accurate knowledge of one who has spent whole winters in these villages; and he treats this part of his subject in the unprejudiced spirit of a man of science earnestly bent on disseminating carefully tested information. The value of his book, compared with similar treatises by superficial climatologists, is that he has really lived and worked for years in the places about which he speaks, instead of passing a day or two in them for the sake of being able to say that he has been there. This makes his detailed advice regarding clothes, diet, exercise, and so forth, more trustworthy than that of theoretical writers, who retail at second-hand hints picked up from casual conversation or excogitated from *a priori* reasonings."—(Signed) J. A. SYMONDS.—*Academy*, Dec. 19, 1885.

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